



# SUNDAY TABLE SERVICE

## 11<sup>TH</sup> SUNDAY IN ORDINARY TIME

*Let us sit and watch Songs of Praise together on the ABC and then set the table for our Parish meal.*



- **Setting our table for our Sunday lunch service.**

Sometimes we eat, in front of the TV either together or alone; we eat on the run; we eat out in in restaurants or even in our car; but today we sit at a table that we have set for our Sunday lunch meal. It is our everyday altar of life-giving food.

As we celebrate together let us define the occasion by adding things on our table that bring us joy and which we can share with others in our community.

- **Prayerful and intentional preparation for a meal**



Let us set our meal for this day. Give some thought to the presentation of our meal as a meditation on the importance of the time we are setting aside for worship. Let us place a gift on the table.



The Sea of Galilee and the Dead Sea are fed by the same River Jordan. One is freshwater teeming with life and the other is a super concentrated salt water that cannot support any life. Why if fed by the same river does one have life and the other not? The Sea of Galilee receives and gives out water to keep it alive and life giving whereas the Dead Sea only receives water and does not give out and remains lifeless and stagnant.



And like the two seas, giving and receiving keeps us alive and lifegiving, receiving without giving leaves us lifeless and dead. We see in today's Gospel Jesus teaching his disciples when he sends them out on mission that they must be willing to give back some of what they had received.

- **opening prayer — consciously drawing together in our mind our Parish community around our table.**

Be still and silent.  
in your mind, those whom you invited to  
with you. Pray:



Visualise  
share

**In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

**Here, and throughout the world,**

**We adore you O Christ, and we bless you,  
because by your holy cross you have redeemed the world. Amen**

**Bless this food, both physical and spiritual.**

**Bless all who gather at your table, both seen and unseen, In Jesus' name we pray. Amen**



- **Let us read and reflect on our cycle of readings**

**A reading from the Book of Genesis, Chapter 18 beginning at Verse 1**

<sup>1</sup> The Lord appeared to Abraham by the oaks of Mamre, as he sat at the entrance of his tent in the heat of the day. <sup>2</sup> He looked up and saw three men standing near him. When he saw them, he ran from the tent entrance to meet them, and bowed down to the ground. <sup>3</sup> He said, "My lord, if I find favour with you, do not pass by your servant. <sup>4</sup> Let a little water be brought, and wash your feet, and rest yourselves under the tree. <sup>5</sup> Let me bring a little bread, that you may refresh yourselves, and after that you may pass on - since you have come to your servant." So they said, "Do as you have said." <sup>6</sup> And Abraham hastened into the tent to Sarah, and said, "Make ready quickly three measures of choice flour, knead it, and make cakes." <sup>7</sup> Abraham ran to the herd, and took a calf, tender and good, and gave it to the servant, who hastened to prepare it. <sup>8</sup> Then he took curds and milk and the calf that he had prepared and set it before them; and he stood by them under the tree while they ate. <sup>9</sup> They said to him, "Where is your wife Sarah?" And he said, "There, in the tent." <sup>10</sup> Then one said, "I will surely return to you in due season, and your wife Sarah shall have a son." And Sarah was listening at the tent entrance behind him. <sup>11</sup> Now Abraham and Sarah were old, advanced in age; it had ceased to be with Sarah after the manner of women. <sup>12</sup> So Sarah laughed to herself, saying, "After I have grown old, and my husband is old, shall I have pleasure?" <sup>13</sup> The Lord said to Abraham, "Why did Sarah laugh, and say, 'Shall I indeed bear a child, now that I am old?' <sup>14</sup> Is anything too wonderful for the Lord? At the set time I will return to you, in due season, and Sarah shall have a son." <sup>15</sup> But Sarah denied, saying, "I did not laugh"; for she was afraid. He said, "Oh yes, you did laugh."



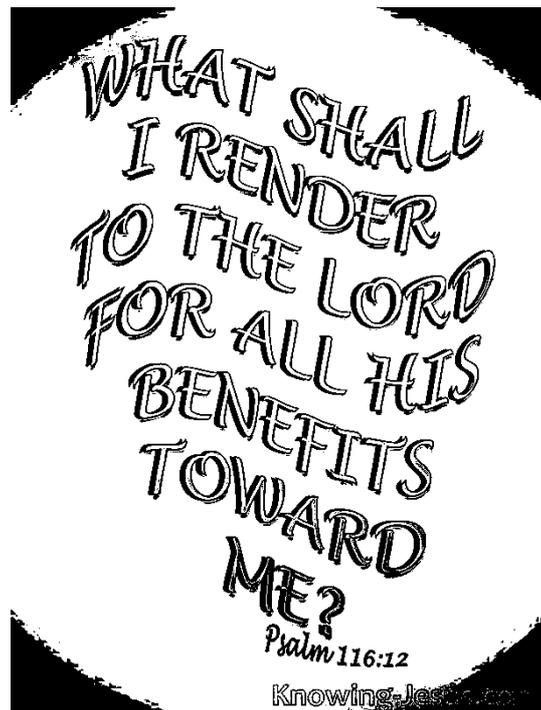
[NRSV Genesis 18:1-15]

Hear the word of the Lord,

***thanks be to God***

**Psalm 116:1-2, 11-18**

- <sup>1</sup> I love the Lord, because he heard my voice:  
the voice of my supplication;
- <sup>2</sup> Because he inclined his ear to me:  
in the day that I called to him.
- <sup>11</sup> How shall I repay the Lord:  
for all his benefits to me?
- <sup>12</sup> I will take up the cup of salvation:  
and call upon the name of the Lord.
- <sup>13</sup> I will pay my vows to the Lord:  
in the presence of all his people.
- <sup>14</sup> Grievous in the sight of the Lord:  
is the death of his faithful ones.
- <sup>15</sup> O Lord, I am your servant,  
your servant and the child of your handmaid:  
you have unloosed my bonds.
- <sup>16</sup> I will offer you a sacrifice of thanksgiving:  
and call upon the name of the Lord.
- <sup>17</sup> I will pay my vows to the Lord:  
in the presence of all his people,
- <sup>18</sup> In the courts of the house of the Lord:  
even in your midst, O Jerusalem.  
Praise the Lord.



**A reading from the Romans, Chapter 5 beginning at Verse 1**

<sup>1</sup> Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, <sup>2</sup> through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. <sup>3</sup> And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, <sup>4</sup> and endurance produces character, and character

produces hope, <sup>5</sup> and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

<sup>6</sup>For while we were still weak, at the right time Christ died for the ungodly. <sup>7</sup>Indeed, rarely will anyone die for a righteous person - though perhaps for a good person someone might actually dare to die. <sup>8</sup>But God proves his love for us in that while we still were sinners Christ died for us. <sup>9</sup>Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. <sup>10</sup>For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. <sup>11</sup>But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

[NRSV Romans 5:1-11] Hear the word of the Lord,

***thanks be to God.***



### **The Gospel of our Lord Jesus Christ according to Matthew, Chapter 9 beginning at verse 35 Glory to you Lord Jesus Christ.**

<sup>35</sup> Then Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness. <sup>36</sup> When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. <sup>37</sup> Then he said to his disciples, "The harvest is plentiful, but the laborers are few; <sup>38</sup> therefore ask the Lord of the harvest to send out laborers into his harvest."



<sup>1</sup>Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness. <sup>2</sup>These are the names of the twelve apostles: first, Simon, also known as Peter, and his brother Andrew; James son of Zebedee, and his brother John; <sup>3</sup>Philip and Bartholomew; Thomas and Matthew the tax collector; James son of Alphaeus, and Thaddaeus; <sup>4</sup>Simon the Cananaean, and Judas Iscariot, the one who betrayed him. <sup>5</sup>These twelve Jesus sent out with the following instructions: "Go nowhere among the Gentiles, and enter no town of the Samaritans, <sup>6</sup> but go rather to the lost sheep of the house of Israel. <sup>7</sup>As you go, proclaim the good news, 'The kingdom of heaven has come near.' <sup>8</sup>Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment. [NRSV Matthew 9:35-10:8]

This is the Gospel of the Lord,

***praise to you Lord Jesus Christ.***

Sentence

**We have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand.**

#### ***• eating reflectively and responding to the passage***

Let us now engage in some quiet reflection, or conversation and sharing, responding to the Gospel passage. We may like to write down some key thoughts for further reflection. Reflect on the word "**Mission.**"

So, where do we start with our mission? Jesus summoned the twelve and gave them power to heal and cure every disease and sickness. He prepared them, like the fresh lifegiving water flowing into the Sea of Galilee, and then sent them out to give to others. Jesus does not send them out empty handed, he equips them with power and authority. Jesus said to start with "the lost sheep of Israel" that is to say to start from familiar territory. They are to start their mission within their own people. Mission, like charity, starts at home, therefore we might start with our own family and parishes. We all must find an avenue to give back the faith we all have received. As God's children we receive grace, the word of God, forgiveness, the sacraments, and new life in the Spirit. These blessings are only complete when we go out and share them with those who do not have them. This is the only way to stay alive and vibrant like the lifegiving and fresh waters of the Sea of Galilee.



• **prayer-time**

Now let us continue to offer our prayers for healing of the world; for those affected by coronavirus; for family; for members of the parish and wider community, for the life and ministry of the Church, for encouragement in our journey of faith.



**Please pray alongside those in our parish asking for prayer** ; Ron & Ann ; Les ; Tristan; Kathy; Mitchell; David ; Pat ; Izabelle ; Peta ; Mariette; Joanne; Peter G, Peter C; Nicholas B; Samantha; Fiona; Brenton; Sue; Brenda; Pat; Brendon, Fr Peter, Fr Percy & Betty, Bp David, Jill, Bill, David H, Petra, Miriam & family, Marjorie; Joyce; Diane; Jean; Mitchell and family; Kathy; Carolyn; Allison; Angela; Susie; Carol; Shirley; Lucy Ann; Margaret, Lyn; Ted & Joyce ; Irene; Linda; Jenny P's mother; Tina; Wendy; Chris; Trevor; Liz; Trish S; Carole and family, Peter (husband of the late Joanne) & children Lainie and Nicholas; John Carroll, *and any others we wish to say either silently or aloud.*

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**Let us say the Lord's Prayer Together. Our Father .....**

**Prayer of the Day**

All-powerful God,

in Jesus Christ you turned death into life,  
and defeat into victory:

increase our faith and trust in him,  
that we may triumph over evil,

in the strength of the same Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever. **Amen.**



**Conclude the meal with the following prayer together.**



***May the grace of our Lord Jesus Christ,  
the love of God and the fellowship of the Holy Spirit  
be amongst us and remain with us always.  
Amen.***

• **intentional connection beyond your home**



After our Table Service, make contact via phone, email, letter, Messenger, Skype, Zoom, etc with a person who is on your heart and mind at this time. It might be one of the people you invited to your meal, or a member of your family, or someone who doesn't have family, or a friend,  
Let God guide you to the person or people with whom you connect.  
Contact the person.  
Start a conversation: 'I was thinking of you.....' Or What did you think of..... in songs of praise etc